

# Black Community Town Hall

## July 23, 2020



Utah Muslim  
Civic League

— UTAH —  
MARTIN LUTHER KING JR.  
HUMAN RIGHTS COMMISSION

Multicultural Subcommittee  
— of the —  
COVID-19 COMMUNITY TASK FORCE



Utah Division of  
**Multicultural Affairs**

# Aanjel Clayton

Martin Luther King Jr. Human Rights Commission  
Western Governors University

[aanjel.clayton@wgu.edu](mailto:aanjel.clayton@wgu.edu)

# Agenda

- Welcome – Aanjel Clayton, Martin Luther King Jr. Human Rights Commission
- Youth Activism – Khadija Kele, Utah Muslim Civic League
- Leadership – Meligha Garfield, Black Cultural Center at the University of Utah
- Self-Care – Sarah Vaughn, Melanin Squad
- Q&A Session – Aanjel Clayton, Martin Luther King Jr. Human Rights Commission
- Closing – Nubia Peña, Utah Division of Multicultural Affairs

# Khadija Kele

Utah Muslim Civic League

[khadija@utahmcl.com](mailto:khadija@utahmcl.com)

# Youth Activism

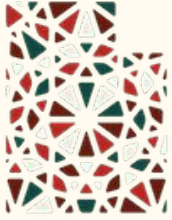
By: Khadija Kele

Utah Muslim Civic League  
Racial Justice Fellow

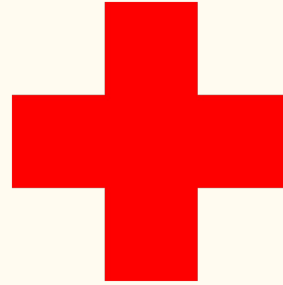


# MY INVOLVEMENT





Utah Muslim  
Civic League



**American  
Red Cross**



**Intermountain<sup>®</sup>  
Healthcare**

# UMCL Racial Justice Fellowship



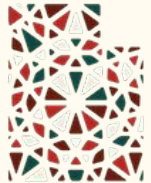


## **Racial Justice Matter Fellowship**

- Helping youth, primarily Black Muslim youth, enhance their platform while informing and talking about racial injustices locally and nationally
- Connecting youth to different resources in the community

## **What have I done & Future plans**

- **July 19, 2020 - Youth Meeting**
- **July 29, 2020 - Representative Meeting**
- **Planning meetings with our local mosques and having conversations around intra-faith in our mosques**
- **Educating black youth about their civil rights**



**Utah Muslim  
Civic League**



# What is Causing Youth to Take Charge?

**They are Tired!**

Police brutality & racial injustices  
have gone on for far too long and it  
is time for real change



ERIC GARNER - JOHN CRAWFORD III - MICHAEL BROWN - EZELL FORD  
DANTE PARKER - MICHELLE CUSSEAU - LAQUAN MCDONALD - GEORGE MANN  
TANISHA ANDERSON - AKAI GURLEY - TAMIR RICE - RUMAIN BRISBON - JERAME REID  
MATTHEW AJIBADE - FRANK SMART - NATASHA MCKENNA - TONY ROBINSON - ANTHONY HILL  
MYA HALL - PHILLIP WHITE - ERIC HARRIS - WALTER SCOTT - WILLIAM CHAPMAN II  
ALEXIA CHRISTIAN - BRENDON GLENN - VICTOR MANUEL LAROSA - JONATHAN SANDERS  
FREDDIE GRAY - JOSEPH MANN - SALVADO ELLSWOOD - SANDRA BLAND  
ALBERT JOSEPH DAVIS - DARRIUS STEWART - BILLY RAY DAVIS - SAMUEL DUBOSE  
MICHAEL SABBIE - BRIAN KEITH DAY - CHRISTIAN TAYLOR - TROY ROBINSON  
ASSHAMS PHAROAH MANLEY - FELIX KUMI - KEITH HARRISON MCLEOD - JUNIOR PROSPER  
LAMONTEZ JONES - PATERSON BROWN - DOMINIC HUTCHINSON - ANTHONY ASHFORD  
ALONZO SMITH - TYREE CRAWFORD - INDIA KAGER - LA'VANTE BIGGS  
MICHAEL LEE MARSHALL - JAMAR CLARK - RICHARD PERKINS - NATHANIEL HARRIS PICKETT  
BENNI LEE TIGNOR - MIGUEL ESPINAL - MICHAEL NOEL - KEVIN MATTHEWS - BETTIE JONES  
QUINTONIO LEGRIER - KEITH CHILDRESS JR. - JANET WILSON - RANDY NELSON  
ANTRONIE SCOTT - WENDELL CELESTINE - DAVID JOSEPH - CALIN ROQUEMORE - DYZHAWN  
PERKINS - CHRISTOPHER DAVIS - MARCO LOUD - PETER GAINES - TORREY ROBINSON - DARIUS  
ROBINSON - KEVIN HICKS - MARY TRUXILLO - DEMARCUS SEMER - WILLIE TILLMAN  
TERRILL THOMAS - SYLVILLE SMITH - ALTON STERLING - PHILANDO CASTILE - TERENCE  
CRUTCHER - PAUL O'NEAL - ALTERIA WOODS - JORDAN EDWARDS - AARON BAILEY  
RONELL FOSTER - STEPHON CLARK - ANTWON ROSE II - BOTHAM JEAN  
PAMELA TURNER - DOMINIQUE CLAYTON - ATATIANA JEFFERSON - CHRISTOPHER WHITFIELD  
CHRISTOPHER MCCORVEY - ERIC REASON - MICHAEL LORENZO DEAN - BREONNA TAYLOR  
G E O R G E F L O Y D

- The Murder of George Floyd (the tipping point)
  - May 25, 2020
- Led to massive protests
  - Started in Minneapolis, Minnesota & spread all over North America and various other parts of the world
  - Became the largest civil gathering of people for a single cause in history

A high-angle, wide shot of a large crowd of people at a protest or demonstration. In the foreground, a person's hand wearing a black glove holds up a large, light-colored wooden sign. The sign has the words "NO JUSTICE" and "NO PEACE" written in bold, black, hand-painted capital letters. The crowd in the background is dense and diverse, with many people holding up their own signs and some using smartphones to record. The scene is set on a paved street with yellow markings. The overall atmosphere is one of a large-scale public gathering.

NO JUSTICE  
NO PEACE



# RISING AND FALLING NEW CORONAVIRUS CASES

CHANGE IN DAILY NUMBER OF NEW CASES

STRONG INCREASE

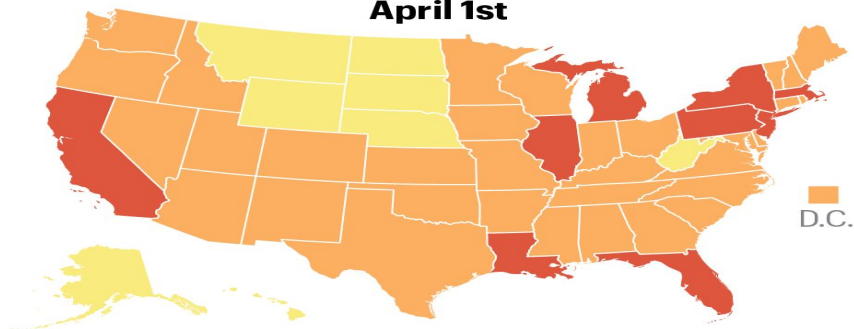
INCREASE

FLAT

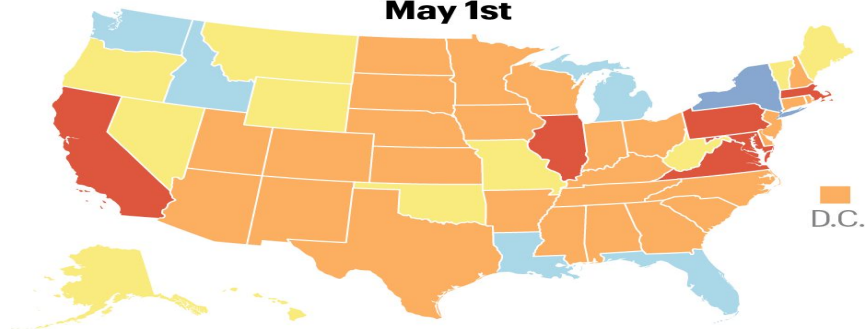
DECREASE

STRONG DECREASE

April 1st



May 1st



June 1st



June 28th



SEVEN-DAY AVERAGE OF NEW CASES. "STRONG" CHANGE: IN EXCESS OF 500 CASES; "FLAT": +/- 25  
SOURCE: N.Y. TIMES COMPILATION OF STATE AND LOCAL GOVERNMENTS AND HEALTH DEPARTMENTS DATA

FORTUNE

# Mental Health

## Racial Trauma

- Flashbacks
- Anxiety
- Nightmares
- Hypervigilance
- Poor Sleep
- Depression
- High Blood Pressure
- Panic Attacks



Three speech bubbles are arranged on a light yellow background. The top-left bubble contains the text "Stop being so sensitive". The top-right bubble contains the text "Get over it". The bottom-center bubble contains the text "Or it'll pass over eventually".

**"Stop being  
so sensitive"**

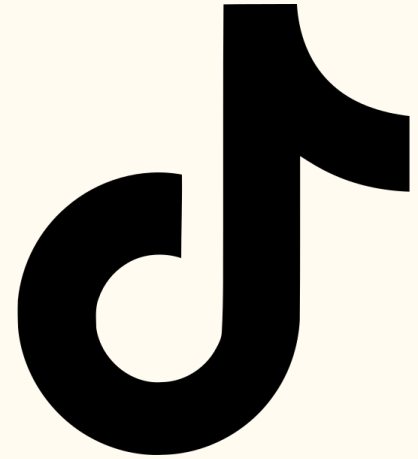
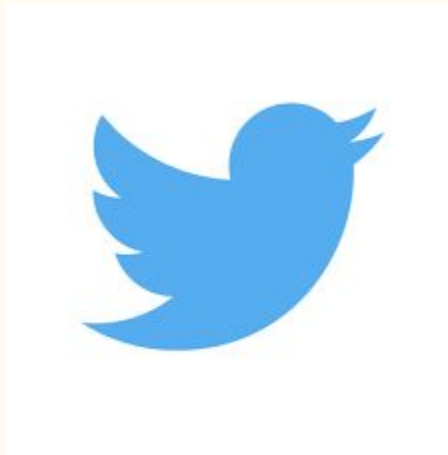
***"Get over it"***

**"Or it'll pass  
over eventually"**

# Youth Involvement



Social media platforms including Instagram, Twitter and TikTok have been crucial tools to inspire and educate others



# Protests

The current round of protests are mainly youth-led



# Petitions

NATIONAL ACTION AGAINST POLICE BRUTALITY

Justice for Christopher Josey

Justice for Breonna Taylor

Justice for Sean

Justice for Dion Johnson

Hands Up Act

Ban the use of rubber bullets for crowd control

Julius Jones is innocent. Don't let him be executed by the state of Oklahoma.

**Pardon Black Woman Imprisoned for Voting**

Justice for Shukri Abdi

Contact Info:

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THANK YOU!



**Questions?**

# Meligha Garfield

Black Cultural Center at the University of Utah

[meligha.garfield@utah.edu](mailto:meligha.garfield@utah.edu)



# LEADERSHIP FOR TODAY

**MELIGHA GARFIELD M.P.A.**

**DIRECTOR OF THE BLACK CULTURAL CENTER AT  
THE UNIVERSITY OF UTAH**

**DIRECTOR, VOICEOVER ARTIST, GRAPHIC DESIGNER, VETERAN,  
BIG BROTHER, SIGMA, GEEK, SOCIAL ENTREPRENEUR**

**@UOFUBCC**

**@MELIGHAG**

**@MEANINGFULCONVO**

*Instagram* 



**BLACK CULTURAL CENTER**  
EQUITY, DIVERSITY, & INCLUSION  
THE UNIVERSITY OF UTAH

# THANK YOU!

YOUNG LEADERS ALREADY MAKING A DIFFERENCE.

- YOU ARE STARTING AND SUSTAINING NON-PROFITS
- YOU ARE BRINGING STUDENTS TOGETHER IN YOUR BLACK STUDENT UNIONS ACROSS THE STATE
- YOU ARE STARTING BUSINESSES
- YOU ARE RUNNING FOR OFFICE
- YOU ARE ON THE FRONTLINES OF PROTEST



# TEN TIPS ON LEADERSHIP

1

## **KNOW YOUR ROLE:**

**YOU ARE RESPONSIBLE, IN  
YOUR ROLE AND AS AN  
INDIVIDUAL. ASK YOURSELF  
WHAT THIS MEANS FOR YOU  
AND IN YOUR CONTEXT.**





# 2

## KNOW YOUR VALUES:

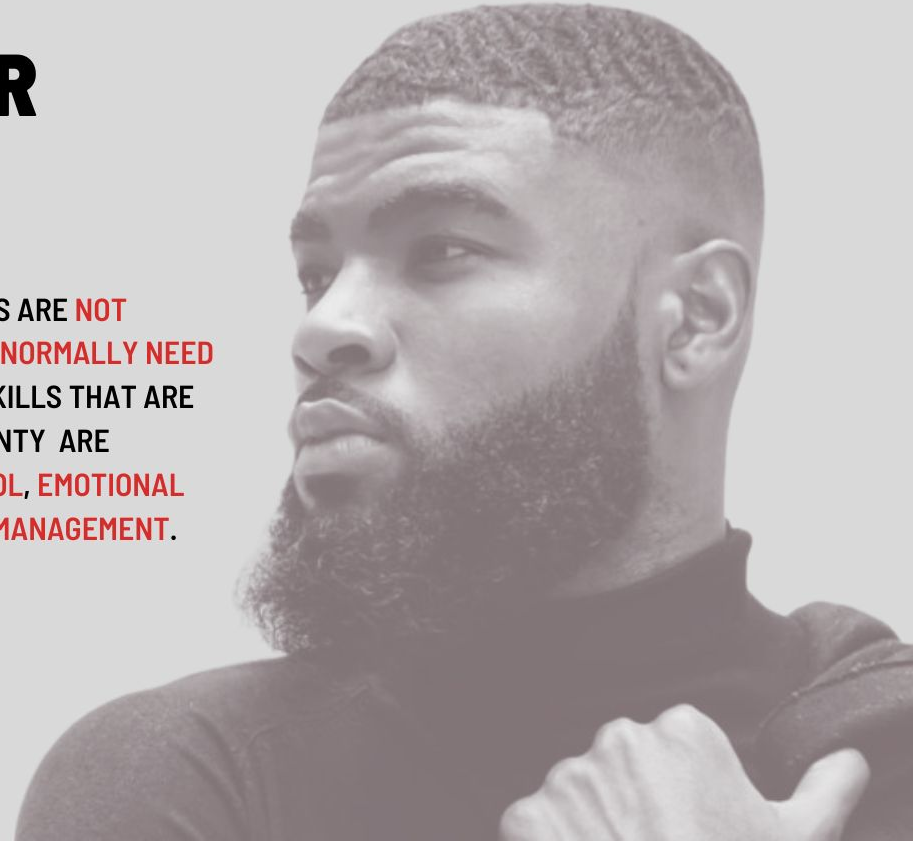
BE **INCLUSIVE**. EMBRACE **DIFFERENCES**  
AND BUILD ON **SIMILARITIES**. WHAT ARE  
YOUR VALUES, E.G. EQUALITY, TEAM  
SPIRIT, FAIRNESS? WHAT COULD BE  
THE **SPECIFIC** VALUES YOU WISH TO  
STRESS IN THIS PARTICULAR ROLE?

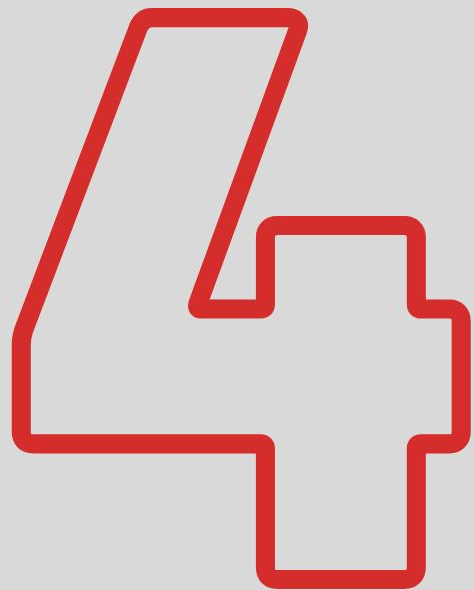


# 3

## KNOW YOUR SKILLS.

THE SKILLS YOU NEED IN CRISES ARE **NOT** ENTIRELY THE **SAME** ONES YOU **NORMALLY NEED** AS A LEADER. SOME COMMON SKILLS THAT ARE NEEDED IN TIMES OF UNCERTAINTY ARE **COMMUNICATION, SELF-CONTROL, EMOTIONAL INTELLIGENCE, AND CONFLICT MANAGEMENT.**





# KNOW YOUR TEAM.

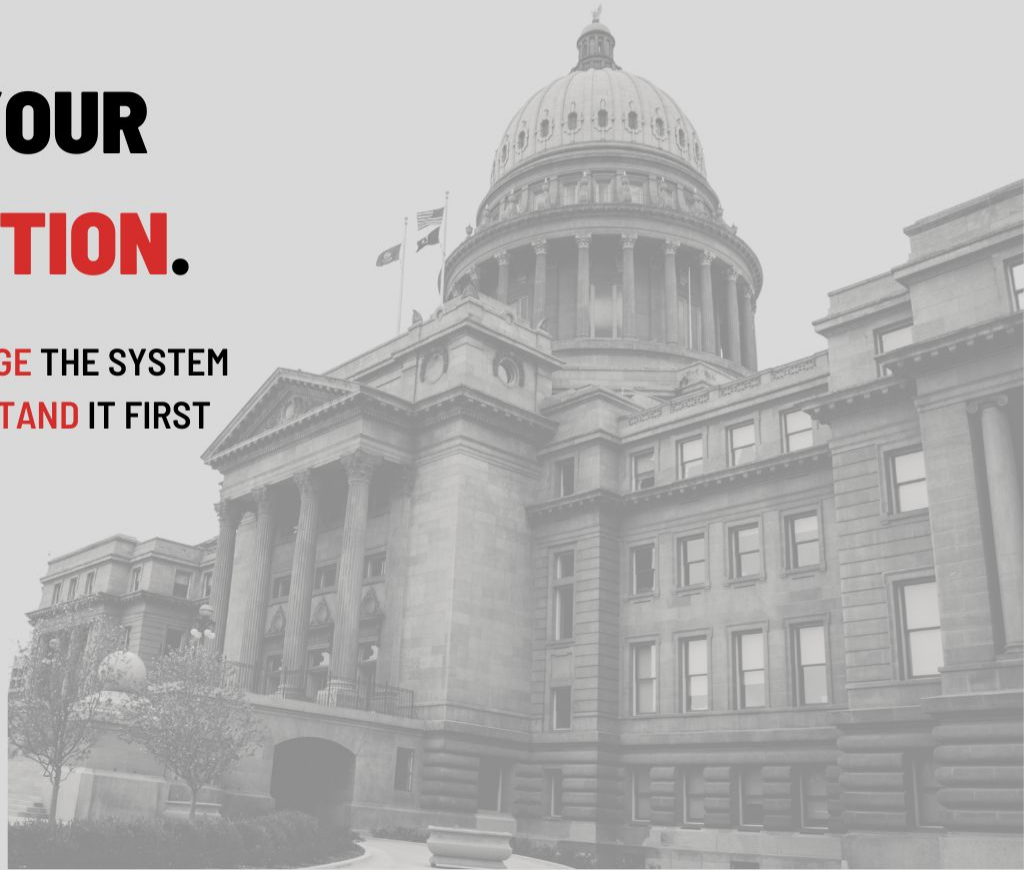
HOW WE MANAGE OUR  
RELATIONSHIPS WITH OUR  
COLLEAGUES AND  
TEAMMATES IS SHIFTING  
DRAMATICALLY.



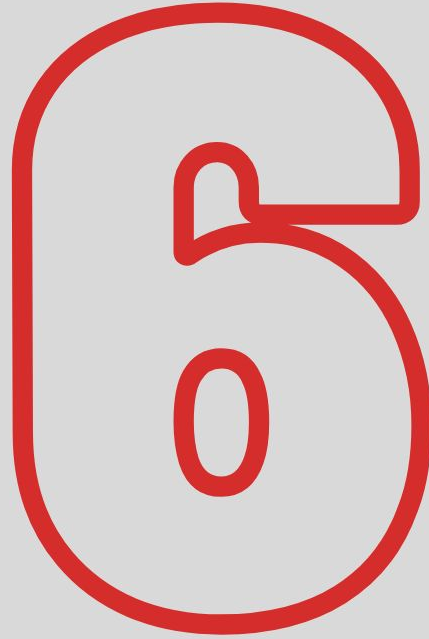
5

# KNOW YOUR INSTITUTION.

IN ORDER TO **CHANGE** THE SYSTEM  
YOU MUST **UNDERSTAND** IT FIRST







# **KNOW WHO ADMINISTRATION IS AND USE THEM AS A RESOURCE**

IT IS EXTREMELY IMPORTANT TO BUILD  
**RELATIONSHIPS** WITH THE FACULTY AND  
ADMINISTRATORS BECAUSE THEY ARE A KEY  
RESOURCE WHEN IT COMES TO **PROMINENT**  
**LEVEL EXECUTION** AND OPERATIONS.





## GET A MENTOR

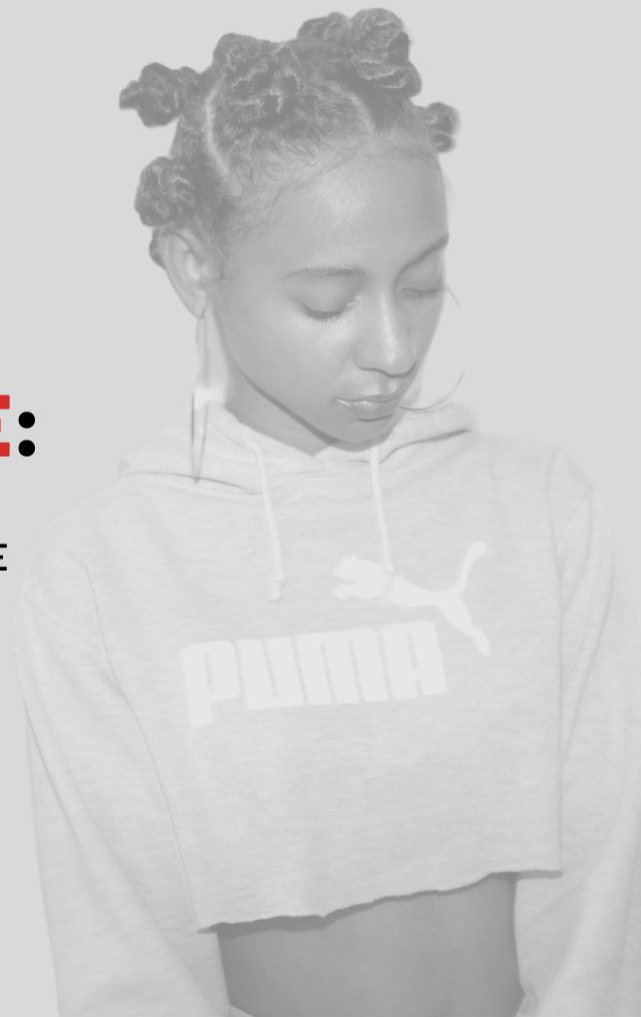
A MENTOR IS A **TRUSTED ADVISOR** WITH **MORE EXPERIENCE** OR **STATUS** WHO **TEACHES** YOU IN A CONSTRUCTIVE PARTNERSHIP. YOU, AS THE PROTÉGÉ, LEARN FROM YOUR MENTOR'S EXPERIENCE, WHILE YOUR MENTOR GROWS AND BENEFITS FROM YOUR FRESH PERSPECTIVE AND KNOWLEDGE.

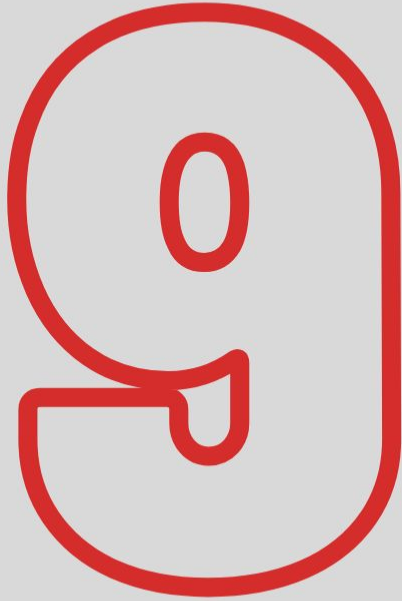


8

## **ENVISION THE TARGETED FUTURE:**

HELP ALL INDIVIDUALS AND THE COLLECTIVE  
TO GROW. IMPROVE THE SYSTEM. WHAT IS  
YOUR VISION?





# COLLABORATE:

COLLABORATE  
COLLABORATE  
COLLABORATE



# 10

## **NEVER ENDING JOURNEY**

THERE WILL BE UPS AND THERE WILL  
BE DOWNS. THINK ABOUT WAYS TO  
INCREASE **RESILIENCE**. REMEMBER,  
YOU ARE **ENERGY**: MANAGE IT WELL.  
BE A **WATER BEAR**



# THANK YOU!



**MELIGHA GARFIELD M.P.A.**

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THE UNIVERSITY OF UTAH**

**DIRECTOR, VOICEOVER ARTIST, GRAPHIC DESIGNER, VETERAN,  
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**Questions?**

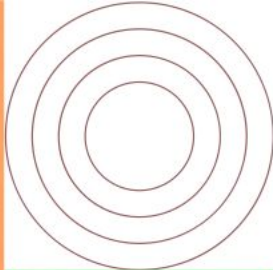
# **Sarah Vaughn**

**Melanin Squad**

**Martin Luther King Jr. Human Rights Commission**

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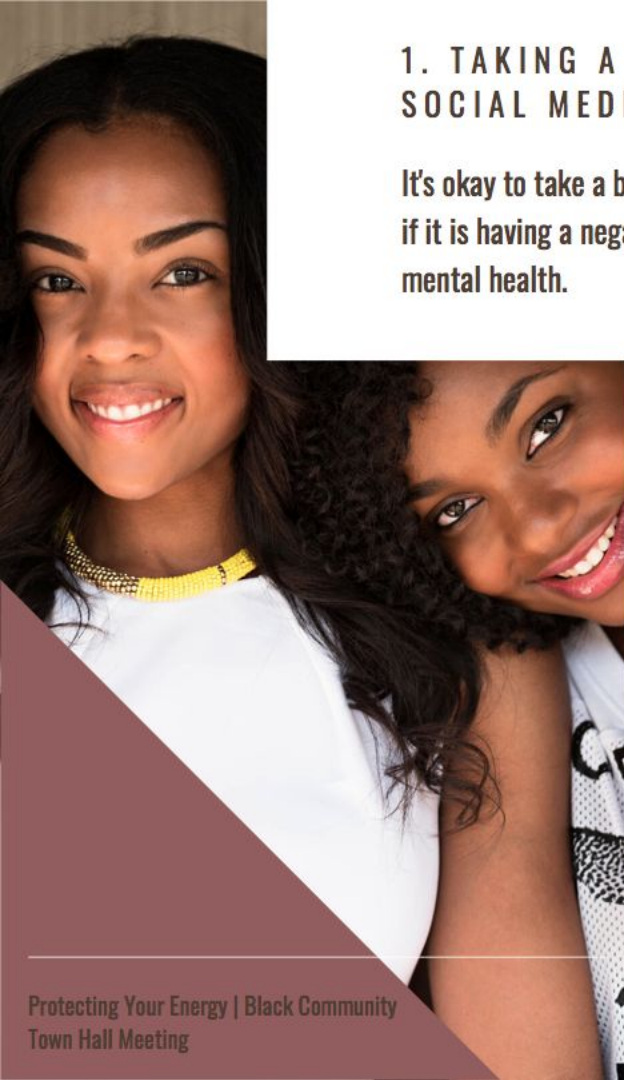
# Black Community Town Hall

PROTECTING YOUR  
ENERGY WHILE  
BATTLING TWO  
PANDEMICS

# General Reminder

SELF-CARE INCLUDES  
ACCEPTING YOUR NEEDS AND  
PROTECTING YOUR  
VULNERABILITIES. TAKING  
CARE OF YOURSELF IS YOUR  
RIGHT!

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## 1. TAKING A BREAK FROM SOCIAL MEDIA

It's okay to take a break from social media, if it is having a negative impact on your mental health.

## 2. IMPROVE YOUR MENTAL HEALTH DIET & CULTIVATE JOY IN YOUR LIFE

If your goal is to have a healthier mind, start by removing the junk from your diet. Cultivating joy is self-care.

## 3. SCHEDULE TIME TO RECHARGE

One of the hardest time commitments to make, but try to stick to it as best as you can.

## 4. SET BOUNDARIES

Set boundaries when you can no longer discuss what's happening.

# Self-Care Tips

**"Reminder: our self care practice can be proactive as opposed to reactive. Burn out doesn't have to be the catalyst to rest. We can rest as a gift to our future selves"**

**RACHEL CARGLE**



# Invest In Your Mental Health

## YOUR MENTAL HEALTH COMES FIRST

Your mental health is more important than your career, money, other people's opinion, your families wishes, and your friends mood.

## IT'S OKAY TO ASK FOR HELP

Growing up most likely you heard, "never let them see you cry or don't ask anyone for anything." However, it's okay to ask for help!

## SEEK THERAPY

While therapy may not be for some or too expensive, it can be an incredible resource for others.

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Protecting Your Energy | Black  
Community Town Hall Meeting



**"Our ancestors weren't allowed to rest or make space for self-care. We honor them when we put ourselves first. We honor them when we refuse to work ourselves to death to benefit a system created to rise on our labor."**

BROWN GIRL SELFCARE





# Self-care is vital to our wholeness.

Thank You!

 :@melaninsquad.utah



**Questions?**



# **Nubia Peña**

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**Thank you!**